Quit Day

Quit Day Tips:

- Make sure all cigarettes, ashtrays and lighters are thrown away.
- Change your routine to break associations with smoking. Shower, eat or exercise first thing in the morning instead of having a cigarette.
- Keep busy on quit day but don't take on additional stresses.
- Drink lots of water to flush the nicotine out of your system.
- Hang out with nonsmokers.
- Keep healthy snacks handy such as: sunflower seeds, pretzels, low fat popcorn, and carrots/celery sticks.
- Decrease caffeine consumption, which can increase irritability during your transition.
- Decrease alcohol intake for at least a few weeks. It can weaken your determination.

What to do when the craving comes

- Take ten deep breaths. This is a proven relaxation technique and will help you manage stress
- Keep yourself busy. Cravings usually last 2-3 minutes and pass whether you smoke or not.
- Move, walk, ride a bike, or go to the gym.
- Ask yourself are you are hungry, angry, lonely, or tired. Take care of these needs/emotions in healthy way.
- Drink water to help flush the toxins out of your body.
- Eat a healthy snack: pretzels, carrots, light popcorn, fruit, sunflower seeds, etc.
- Use positive self-talk and post statements around the house such as; I can do it, I'm a non-smoker, smoking is no longer an option.
- Make a list of reasons why you quit and review daily.
- Use other tools. Pray, meditate, or write in a journal daily.

Symptoms of recovery, duration, and dealing with them

- Craving- (most frequent 2-3 days; can happen occasionally for months or years) wait it out, distract yourself or take 10 deep breaths.
- Irritability- (2 to 4 weeks) relaxation techniques, walks, or a hot bath.
- Lack of concentration- (a few weeks) plan workload accordingly and avoid additional stress.
- Fatigue- (2 to 4 weeks) take naps and/or plan nutritious meals.
- Insomnia- (1 week) avoid evening caffeine and sugar, use visualization and/or listen to soothing music.
- Hunger- (up to several weeks) drink water, prepare low calorie snacks, don't skip meals.
- Constipation or gas- (1 or 2 weeks) drink plenty of fluids; eat fiber (fruits, veggies and whole grains).

•	Coughing/nasal drip- (a few days) drink plenty of fluids, use cough drops, avoid dairy products.